

**WPATH Book Club – Indian Subcontinent Series**  
**Dr. Aqsa Shaikh - March 18<sup>th</sup>, 2022 at 11am-12:30pm EDT**  
**Amrita Sarkar - April 8<sup>th</sup>, 2022 at 11am-12:30pm EDT**  
**Aadi - May 20<sup>th</sup>, 2022 at 11am-12:30pm EDT**

**Session Moderators:** **Lin Fraser**, EdD, MFT  
**Michael Marshall**, MBS, MRCPsych, DMCC, PgDip (Mental Health Law), CCT (Psychiatry)

We are pleased to announce that **Dr. Aqsa Skaikh, Amrita Sarkar, and Aadi** will be the upcoming featured guests for the next three **WPATH Book Club installments**, join us to discuss their projects detailed below. WPATH is committed to bettering transgender and gender diverse lives across the globe, this is an exciting opportunity to hear from some prominent transgender and gender diverse voices from the subcontinent of India. You may view a wonderful introduction to the series at [this link](#).

WPATH will approve these episodes for the Listening Hours, Ongoing CE, or Elective Hours requirements, as part of our certification program. Each episode will be approved for 2 hours.

**FREE for WPATH Members**

**\$25 for Non-members (\$7 for LIEC)**

**[Register Today to attend the Indian Subcontinent Series](#)**



***The Taste of Tears* with Dr. Aqsa Shaikh - March 18<sup>th</sup>, 2022 at 11am-12:30pm EDT**

***The Taste of Tears*** is a collection of short stories that were conceived 15 years back in the metropolis of Bombay/Mumbai. As someone who was born and raised in a chawl in Bombay, the author has seen struggles of life in Bombay at close quarters and poured this lived experience into the stories. Later as a young medical doctor in Mumbai who traveled the city in its local trains and treated its masses in its biggest hospital, the author had the opportunity to keenly observe the various facets of the lives of the people of Bombay. The short stories explore and present the underbelly of Bombay through the tales of its invisible masses. Each story presents in a humane way, the things often seen but not discussed. The stories will take the reader into the world of child beggars, sex workers, death row inmates, orphans, street children, and so on. These stories present a mélange of suffering and hope, and of tears and smiles. Each of these stories and their characters will make a home in your mind- long after you have finished reading.

**Aqsa Shaikh (She/Her)** is a medical doctor and teacher in Delhi, India. She is an Associate Professor of Community Medicine, Nodal Officer for Covid Vaccination Centre, Hamdard Institute of Medical Sciences and Research. Having authored multiple academic books, this is her first venture into writing fiction. Aqsa is a poet and writes in English, Hindi, and Urdu. She is a rights-activist and Social Media influencer and writes and works for Transgender Persons, Persons with Disability and Person with Mental Illness. She is Founder-Director of *Human Solidarity Foundation*.

***The Taste of Tears* is available for free via a kindle unlimited subscription. All registered attendees will receive the link to the pdf version of the book in their registration confirmation email.**

## **Healing Through Tagore with Amrita Sarkar - April 8<sup>th</sup>, 2022 at 11am-12:30pm EDT**



Listen to Amrita's Journey - how she began to feel the existence of a woman inside her and then finally accepted her true identity.

**Songs of Tagore** helped her to understand herself better. Life is not a bed of roses for everyone and especially for people like Amrita who have nothing to expect from this society. Songs of Tagore also helped her to understand, if she has to love, she will have to learn how to face pain and a time will come when this pain will not be able to affect her anymore.

**Amrita Sarkar (She/Her)** has been working for the LGBTIQ+ community and especially for the transgender community for more than two decades and has been involved in numerous capacity building initiatives for the transgender communities at the national and international level.

She is one of the founding members and the secretary of IRGT A Global Network of Trans Women and HIV She is a member of TPATH (Transgender Professional Association for Transgender Health), IPATH (Indian Professional Association for Transgender Health), and a Faculty Member of WPATH.

She is currently working as the Advisor Transgender Wellbeing and Advocacy, at Alliance India, Delhi She is a Science Graduate, a trained counsellor, and has completed her post graduation in social welfare and community service.

Amrita dabbles in the performing arts and makes films highlighting issues faced by transgender people She has made a docu-feature titled *Rupantar* (Bengali word meaning transformation) which is about the struggle faced by a transwoman and how she overcomes it, a documentary titled *From the Third Eye* taking inputs from trans leaders in India about their work and challenges and recently has made *Healing Through Tagore* a biopic of her own journey and how music helped her to heal.

**Healing Through Tagore** is a short film that can be viewed [here](#) at no cost.

## **Through the Veil with Aadi - May 20<sup>th</sup>, 2022 at 11am-12:30pm EDT**



**Aadi (They/Them)** is a budding human rights activist passionate about making spaces more accommodating of ways of being that are different from the mainstream. Trained as a clinical psychologist, Aadi has had almost 15 years of experience working as a trauma informed psychotherapist with adults from a diverse range of backgrounds, using self-exploration as a means to finding and addressing any barriers (internal as well as external) that would prevent a person from giving their own kind of meaning to life.

Themselves identifying as non-binary and neurodivergent, Aadi has actively worked on diversity and inclusion efforts through spreading awareness, as well as participating in peer support training within the LGBTQIA+ community During times of community distress, Aadi has published and disseminated toolkits for self-care While their education took place within the context of a heavily medical model of mental health, they've come to recognize the role that power differentials play in creating and sustaining human suffering. This realization led to a profound shift in the way they now perceive suffering and the process and requirements for healing, leading them to give up their label of "clinical psychologist" and close a flourishing independent practice.

Presently they are focusing on learning to unmask and be their authentic neurodivergent self They enjoy crochet and making jewelry with wire and beads. They would like to use these arts to create products that cater to the needs of various minorities and encourage other businesses to do the same.

We will send a link to *Through the Veil* to all registered attendees when available.

**[Register Today to attend the Subcontinent of India Series](#)**